



Chester County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Chester County School System in 2007.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Chester County School System that includes:

- School Health Advisory Committee
- Six Healthy School Teams
- School Health Policies strengthened/approved include a mental health policy and a wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$561,454.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Healthy School Teams | ➤ Chester County School System Arts Council |
| ➤ Student Health Councils | ➤ Community Advisory Board |
| ➤ Mental Health Team | ➤ Local Ministry Groups |
| ➤ County Health Council | ➤ Gleaner's House |
| ➤ Remote Area Medical | ➤ Brother's Printing |
| ➤ United Methodist Men/Women | ➤ TNSH Coalition |
| ➤ County Health Department | ➤ Rural Health |
| ➤ The Grove | ➤ TAHPERD –Local FHU members |
| ➤ UT Extension | ➤ Chester County School System Sheriff Department |
| ➤ TN Technology Center | ➤ Henderson Fire Department |
| ➤ Lions Club | |
| ➤ TN Heart and Vascular Center | |
| ➤ Walker Clinic | |
| ➤ Cancer Queens | |
| ➤ LeBonheur | |
| ➤ Henderson Health Center | |
| ➤ Carl Perkins Center | |
| ➤ Henderson City Council | |
| ➤ Chester County School System Drama Department | |

Parent and Student Involvement Developed

Parent involvement continues to increase in CSH activities. Over the past four years, parents have partnered with activities that include Parent Education Night (15), Red Ribbon Week Activities (8), DUI Simulator/Education (10), Health Screenings (61), Girl Talk (12), Family Fun Night (53), PA Day (12), Tar Wars (14), Way 2 Go Kids (18), PE Fun raiser (50), 100 Days/100 Donations (42), Movement Centers (12), Fire Prevention Activities (12), ReCharge (4), Relay for Life games (50), PE/CSH Night (48), Safety Meetings (8), Ladies Day (30), After-school (6), Recess (6).

Student led health initiatives from 2007 to present include Healthy Snack Store (8), Healthy Recipe Contest (51), Red Ribbon Week Activities (66), School Lunch Week (20), Lunch in the Courtyard (16), Walk-a-Thon (10), Relay for Life games (57), Child Health Week Activities (5), Screenings-HOSA (10), Smoothie Bar (12), PA Days (25), and Valentine Project (16).

School Health Interventions

Since CSH has been active in the Chester County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 4,078 screened and 1,400 referred;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Most recent BMI data – Underweight: 2%, Normal weight: 59%, Overweight: 39%, Obese: 23%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: WittFitt seats, FitnessGram, Wiis/proper equipment, health curricula, physical activity curriculum, after-school program curricula and equipment, physical education training and equipment, faculty/staff exercise equipment/fitness room.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include FitnessGram, child abuse reporting, violence prevention, gang information, mental health policy, Wellness-Hear Aware, stress relief, nutrition information, mental health awareness, suicide prevention, seizures, asthma, allergies, Coordinated School Health, title laws, safety in the workplace, bloodborne pathogens, and diabetes education.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – implementation of Michigan Model curriculum by guidance counselors; Introduction of Health Education/Health Services into intervention classes;
- Physical Education/Physical Activity Interventions – new and/or updated equipment for physical educators; Introduction and implementation of

assessment tool for physical educators; scheduled recess times for elementary school; physical activity curricula and equipment for classroom teachers;

- Nutrition Interventions – purchase and distribution of fresh fruits and vegetables, addition of new and different foods within school setting, removal of unhealthy foods and snacks from school cafeterias, removal of unhealthy snacks and drinks from vending machines, requirement for healthy fundraisers, removal of fryers from school kitchens;
- Mental Health/Behavioral Health Interventions – provided in-service training for mental health, formation of mental health team, passage of mental health policy, continuing education/training on mental/behavioral health for faculty and staff.

CSH has created a tighter bond between community and school as well as strengthened collaborations between departments within the school system by using health issues to connect points of interest and concern.

In such a short time, CSH in the Chester County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Heather Griffin
731-989-5148